



National Nutrient Database for Standard Reference

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Statistics Report 09428, Rowal, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	71.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Energy	kcal	111	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2000
Energy	kJ	462	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2000
Protein ¹	g	2.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Total lipid (fat) ¹	g	2.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Ash ¹	g	0.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Carbohydrate, by difference	g	23.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2000
Fiber, total dietary ¹	g	6.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Sugars, total ¹	g	14.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	12.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Glucose (dextrose) 1	g	1.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Fructose 1	g	0.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Minerals													
Calcium, Ca 1	mg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Iron, Fe 1	mg	2.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Magnesium, Mg 1	mg	32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Phosphorus, P 1	mg	52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	131	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Sodium, Na ¹	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Zinc, Zn ¹	mg	0.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Copper, Cu ¹	mg	1.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Manganese, Mn ¹	mg	0.155	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	25.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Vitamin A, RAE	µg	19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ^{1 2}	µg	230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Carotene, alpha ^{1 2}	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU ^{1 2}	IU	383	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2001
Lipids													
Fatty acids, total saturated ¹	g	0.245	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹A.C. Shovic **Nutrient composition of abiyuch and rowal fruits**, 1999 Tropical Science 39 pp.159-161

²L. Englberger, W. Aalbersberg, P. Ravi, E. Bonnin, G.C. Marks, M.H. Fitzgerald, J. Elymore **Further analyses on Micronesian banana, taro, breadfruit and other foods for provitamin A carotenoids and minerals**, 2003 Journal of Food Composition and Analysis 16 pp.219-236